



## HOW TO STOP BLEEDING



First aid is appropriate for external bleeding. If bleeding is severe, or if you think there is internal bleeding, or the person is in shock, get emergency help.

1. Calm and reassure the person. The sight of blood can be very frightening.
2. If the wound affects just the top layers of skin (superficial), wash it with soap and warm water and pat dry.

Bleeding from superficial wounds or scrapes is often described as oozing, because it is slow.

3. Lay the person down. This reduces the chances of fainting by increasing blood flow to the brain. When possible, raise up the part of the body that is bleeding.
4. Remove any loose debris or dirt that you can see from a wound.
5. DO NOT remove an object such as a knife, stick, or arrow that is stuck in the body. Doing so may cause more damage and bleeding. Place pads and bandages around the object and tape the object in place.
6. Put pressure directly on an outer wound with a sterile bandage, clean cloth, or even a piece of clothing. If nothing else is available, use your hand. Direct pressure is best for external bleeding, except for an eye injury.
7. Maintain pressure until the bleeding stops. When it has stopped, tightly wrap the wound dressing with adhesive tape or a piece of clean clothing. Do not peek to see if the bleeding has stopped.
8. If bleeding continues and seeps through the material being held on the wound, do not remove it. Simply place another cloth over the first one. Be sure to seek medical attention right away.
9. If the bleeding is severe, get medical help right away and take steps to prevent shock. Keep the injured body part completely still. Lay the person flat, raise the feet about 12 inches or 30 centimetres (cm), and cover the person with a coat or blanket. If possible, DO NOT move the person if there has been a head, neck, back, or leg injury, as doing so may make the injury worse. Get medical help as soon as possible.